**Supplementary Table 4, online only. Serum levels of vitamin D**

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| Mean (SD; SEM)  | ***CG*** | ***LdD*** | ***HdD*** |
| ***Day -5*** | 44,8 (13,9; 3,7 ) | 41,9 (15,7; 4,9) | 44,4 (13,9; 3,7) |
| ***Day +1*** | 46,7 (21,7; 5,8) | 39,1 (13,4; 4,2) | 46,6 (10,2; 2,7) |
| ***Day +7*** | 44 (20,3, 5,2) | 37,2 (12,7; 4) | 50,4 (10,5; 2,8) |
| ***Day +14*** | 45,6(15,2; 3,9) | 39,6(12,1; 3,9) | 57,7(9,8; 2,6)♦ |
| ***Day +21*** | 47,3(19,8; 5,5) | 53,9(19,4; 6,1) | 74(15,9; 4,2)♦ |

SD: standard deviation, SEM: standard error of the mean. CG: control group, LdD: low dose group (1000 UI); HdD: high dose group (5000 UI). Normal levels of 25-hydroxyvitamin D3 were considered from 50 to 250 nmol/L.**♦significant differences (p<0.05)**